

## MY ADDICTION TO HOARDING

Rank your answers to these statements as 1, 2, or 3 based on the intensity of the response. For example, if the first statement is True, mark it as a 1 if the 'high' is very intense, a 2 if it is middling, and 3 if the response is weaker. Continue ranking the remaining statements in this manner.

	True	Sometimes or Maybe	False
I feel 'high' or get a charge when I acquire something new.	_____	_____	_____
The charge or 'high' of new things has lessened over the years.	_____	_____	_____
I have to acquire more and more things to achieve the same level of 'high'.	_____	_____	_____
Not getting something I want causes anxiety or distress.	_____	_____	_____
I continue acquiring even though my belongings cause distress and disrupt functioning.	_____	_____	_____
I have quantities of items that go far beyond what I could use in a year.	_____	_____	_____
I have routines that I follow for getting new things.	_____	_____	_____
Giving up my things produces anxiety or distress.	_____	_____	_____
Hoarding has had adverse impacts on my life:	_____	_____	_____
My home or workplace	_____	_____	_____
My health	_____	_____	_____
My finances	_____	_____	_____
My productivity	_____	_____	_____
My relationships with others	_____	_____	_____
I have tried to stop hoarding but the effort caused me too much pain.	_____	_____	_____
I stopped hoarding for a while (or was stopped by others) but went back to it.	_____	_____	_____
My hoarding seems to be more of a problem for others than it is for me.	_____	_____	_____
I try to keep my behavior secret from others.	_____	_____	_____

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